

## **Unit 11 – Resident Care Procedures**

### **Resource Materials/Activities/Notes**

#### **Suggested Instructional Resource Materials**

- Videos on basic skills
- Chart of respiratory system

#### **Skill Performance Checklists**

42. Assisting With Use of Bathroom
43. Assisting With Use of Bedside Commode
44. Assisting With Use of Bedpan
45. Assisting With Use of Urinal
46. Providing Catheter Care
47. Emptying Urinary Drainage Bag
48. Collecting Routine Urine Specimen
49. Applying and Caring for Condom Catheters
50. Collecting Stool Specimen
51. Administering Cleansing Enema
52. Applying Warm or Cold Applications
53. Applying Elastic Bandages
54. Assisting with Coughing and Deep Breathing Exercises
55. Applying and Removing Elastic Stockings (TED Hose)
56. Applying Nonsterile Dressing

#### **Activities**

- Discuss the use of fracture pans.
- Have the class discuss differences between constipation and diarrhea.
- Practice completing the information requested on the labels used in your facility.
- Review requisition slips used by the laboratory that analyzes your facility's specimens.
- Have the class list ways to prevent errors when collecting urine specimens.
- Show class examples of clean catch specimen containers.
- Show class a 24-Hour Urine specimen collection container.
- Verbally review the process of collecting a 24-hour urine sample.
- Have the class discuss the importance of applying a properly fitting catheter.
- Discuss the meaning of occult blood.
- Discuss the potential risks with giving an enema.
- Discuss signs of skin damage with warm or cold applications.
- Provide handout on the anatomy of the respiratory system.
- Discuss new evidence that deep breathing is more important than coughing.
- Demonstrate use of spirometer.
- Have the class identify signs and symptoms of impaired circulation.
- Show the class different sizes of TED hose.